



DEATH TO LIFE

Easter

GET STARTED

- Easter is an amazing time to celebrate! **What is your favorite Easter celebration? The food? Egg hunts? A family tradition? Reese's eggs?**

TAKE IT IN

- **What encouraged and/or challenged you from the sermon this week? Why?**
- This weekend, we talked about how the Resurrection changes everything, including you and your life! **Can the Resurrection change you? How does the Resurrection change life and death for you? How has the Resurrection changed you?**

TALK IT OVER

- ***Read Mark 14:12-26–The Last Supper***
During the last supper, Jesus and His disciples are celebrating Passover (bonus: read Exodus 11:1-10 and Exodus 12:1-14 to learn more about the history of The Passover celebration). In these passages of Mark, we learn about remembering Jesus' sacrifice for us through the act of breaking bread. Jesus modeled for us how important it is to remember Him. **What is your favorite attribute about Jesus? How do you like to remember Him?**
- ***Read Luke 22:39-46–Jesus Prays***
There is a lot that happens in these few verses, but something we see is Jesus being very human! How? Because, He is in complete and utter distress! We know this because in verse 44 we see this description: "*and His sweat was like drops of blood falling to the ground.*" Sweating blood is a very REAL and HUMAN condition, and it's called Hematohidrosis; it is extremely rare! This condition happens to the human body under extreme emotional and/or physical stress. Jesus was fully man and fully God, and this stressful experience is one of many things that we can point to in the Bible that shows Jesus' humanness. **What are other examples of Jesus being human? Why was it so important that he was fully God and fully human? Can you relate to Jesus? Would you be stressed under Jesus'**

condition?

- **Read John 19:1-42–Jesus’ Sentence, Crucifixion, Death, and Burial**
(We recommend you take turns reading.)

Jesus had died, prophecies had been fulfilled, the work of salvation was finished, and the stone was rolled in front of the tomb. **Which of these verses about His sacrifice stand out most to you? Why? Which part about Jesus’ sacrifice is most influential to you? Why?**

- **Read Matthew 27:62-66 & Matthew 28:1-9–Jesus is Risen**

Jesus has risen! For some of us, this good news feels too good to be true; for others, we have heard this good news so many times we regretfully almost feel neutral to it. If this feels too good to be true, **what doubt are you struggling with? If you have heard this good news many times, how can you remember Jesus’ sacrifice in a new way that brings you closer to the mission of God? An example could be you set a timer on your phone to stop and think about Jesus’ sacrifice daily.**

LIVE IT OUT

Read Matthew 28:16-20

The joy of the Lord is a real feeling that comes from knowing Jesus and His sacrifice for us. Right now, think about the joy you have for Jesus during this Easter season and prayerfully consider the following question.

How do you plan to share this joy with others this Easter season?

Further Study: Watch this video from the Bible Project on the book of Matthew

<https://www.youtube.com/watch?v=GGCF3OPWN14&t=4s>

Memorize:

“He is not here; He has risen, just as He said. Come and see the place where He lay.”

Matthew 28:6 (NIV)